

## How to Use a Treadmill for the First Time?

When you plan to use a treadmill for the first time, you need to read and understand the instructions carefully, so there will be no problem in using it. There are other things that you also need to learn to make sure that there will be no hassle in using the treadmill. Treadmill is a machine that you can use to exercise. However, you need to ensure that your body is capable of running the set time or speed that you need to achieve. Consulting your doctor would be a great help prior using the treadmill.

So, how to use a treadmill for the first time? Other people decide to visit their doctor first to make sure that there will be no problem in using a treadmill. Individuals who have hypertension, back or joint problems, asthma, or other health issues may have challenges in using a treadmill. It could be something that may harm their health instead of [making you feel better](#). That is why it is better to make sure that you consult your doctor first before using the treadmill. The doctor is going to advise you if the treadmill is the best tool to utilize in exercising. It is important that you have to signal before using the treadmill.

Since running and walking will be the exercise involved in a treadmill, make sure that you do not have any injury or joint pains that can affect it. Use comfortable running shoes when using the treadmill. That is to ensure that your feet would not feel stress in running or walking. You can comfortably run or walk use the treadmill when your shoes are good to wear. Drinking water at least 16 to 24 ounce is recommended so you would not be dehydrated after your treadmill workout. Always ensure that you have bottled water beside the treadmill so you can easily drink when needed.

It is also great to do warm up exercise for five minutes before the treadmill workout. Then when you are ready, you can set the treadmill to walking mode, like 1 to 1.5 mph for a minute. After that, you can increase the treadmill speed and try to walk using your toes for just thirty seconds and the half minute is by walking using your heels. Take big strides for a minute. If you feel uncomfortable, you can decrease the speed and return incline to zero after two minutes.

After you have taken your treadmill workout, make sure to cool down so you can recover from it. It is important to do warm up exercises and consultation from the doctor so that you would not encounter any problem or injury while using the treadmill. Carefully read instructions on the treadmill, check how the screen on the [treadmill functions](#), and other things that the treadmill can do for you. As treadmill is like helping you to work out seriously without leaving your home, it is an advantage for you to recover from running or walking easily. Just ensure to follow tips so you can do treadmill workout without any problem at all.